



Name of Activity:

Want Ad: Healthy Eater

Purpose of Activity:

The purpose of this lesson is for student to understand the differences between healthy and unhealthy eating habits and what steps they need to take in order to make healthy eating choices.

Suggested Grade Level:

5-7

Materials Needed:

A newspaper with want ads, Construction Paper, Markers/Crayons

Description of Idea

Begin the lesson with a discussion about eating habits. This may include a discussion of the Food Guide Pyramid, Dietary Guidelines, etc. Have the students give examples of healthy and unhealthy eating habits.

Example: Healthy Eating Habit = Eating fruit

Unhealthy Eating Habit = Drinking soft drinks

NOTE: Using a transparency with some examples that you have generated may be helpful.

Next, introduce the concept of a Want Ad.

What is a want ad?

What does "ad" stand for?

Let the students read want ads from actual newspapers. Have the students discuss qualities the companies were looking for in the people they wanted to hire.

Students will then write their own 'want ads for a healthy eater'. The want ads should list specific characteristics of a healthy eater.

TIP: Encourage students to think of five specific ways they could help themselves become healthy eaters, and then plug those five things into the want ad. **EX:** Drink a glass of milk with every meal.

After the students have made their want ads, ask the students to share their want ads for healthy eaters with the rest of the class. Have the class discuss which characteristics might be the most important in becoming a healthy eater.

Assessment Ideas:

Give the students a chart in which they will fill in the characteristics they included on their want ads. The students will take the chart home and fill in a smiley face for the days in which they followed through on the healthy eating habits listed.

